

GARY S. BERGER, M.D., F.A.C.S.
COSMETIC AND RECONSTRUCTIVE PLASTIC SURGERY

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WOUND CARE INSTRUCTIONS

1. Keep the wound bandaged for 12 hours and dry for the first 24 hours
2. After 24 hours you may bathe with soap and water as usual, but don't scrub the actual sutures. Rinse them well at the end of the shower and pat dry
3. You may apply a bandage or bandaids after the above mentioned time period if you feel the wound will be exposed to a harsh environment or will touch your clothing. Otherwise keep the wound open to air.
4. Clean the wound with hydrogen peroxide and apply bacitracin or neosporin **twice per day**. (As with any product applied to the skin, make sure you are not allergic to this product before application. Allergic reactions include: burning, stinging, redness.)
5. Keep area elevated as much as possible.
6. The local anesthesia given in the office will last approximately 2-4 hours. If you experience pain after that time you may take Tylenol. (As with any medication make sure you are not allergic to the drug and follow directions as indicated)
7. Do not take aspirin or ibuprofen products for at least a few days after the procedure or after discussing with doctor.
8. As with any wound be alert for signs/symptoms of infections.
 - a) Increased redness
 - b) Increased swelling
 - c) Increased pain
 - d) Drainage
 - e) Fever above 101 F (by oral thermometer)
9. The wound may ooze a small amount of blood for the first 24 hours. Apply pressure for at least 10 minutes with a cold compress if this doesn't stop. Never apply ice directly to the skin. If there is a large amount of bleeding or if the bleeding continues after the first 24 hours, please notify this office or go to the emergency room.
10. Please return within **7days** to remove sutures or for a follow up with Dr. Berger.
11. Approximately two weeks after all sutures are removed, and the wound is completely closed, (or until instructed by the doctor), begin massaging the incision firmly 2-3 times a day and apply a silicone based scar gel (or apply a silicone scar pad) for approximately one minute each time for an additional two months. The highest quality silicones, **Bio-Corneum** or **Pure-sil**, are available in our office. Other readily available brands are ScarZone, ScarGuard, Kelocote and other Generic versions.
Alternatives to silicone, but less effective, include Mederma, Vitamin E, Aloe Vera, Cocoa Butter, and Shea Butter.
Apply Sunblock (SPF 30) to incisions when exposed to sunlight. Continue massage and sun protection for the first year after surgery, including under bathing suits.
12. If any of the above mentioned signs/symptoms occur or if you have any questions please call the office 212-446-9500.